## Patent Claims:

- 1. Fiber optic material, comprising a polymer and at least one organic compound introduced therein, characterized in that the organic compound is a condensed aromatic ring system with two or more isocyclic or heterocyclic aromatic rings, wherein each heteroatom is assigned to precisely one ring if the ring is heterocyclic.
- 2. Fiber optic material according to claim 1, characterized in that the condensed aromatic ring system comprises three or more rings.
- 3. Fiber optic material according to claim 2, characterized by an angular arrangement of the rings in the condensed aromatic ring system.
- 4. Fiber optic material according to one of the claims 1 to 3, characterized in that at least one heteroatom is nitrogen.
- 5. Fiber optic material according to one of the claims 1 to 3, characterized in that the condensed aromatic ring system comprises phenanthrene, fluorene, benz[a]anthrazene or triphenylene.

- 6. Fiber optic material according to one of the claims 1 to 4, characterized in that the condensed aromatic ring system comprises benzo[h]quinoline, 1,10-phenanthroline, phenanthridine, or 1,7-phenantroline.
- 7. Fiber optic material according to claim 1, characterized in that the condensed aromatic ring system is composed of 1,2-benzioxazole or benzofurane.
- 8. Fiber optic material according to one of the claims 1 to 2, characterized in that the condensed aromatic ring system comprises anthrazene, 2,3-benzanthrazene, or 11H-benzo[b]fluorene.
- 9. Use of the fiber optic material according to one of the claims 1 to 8 for the core of an optical waveguide.